



Idaho Peaches

Looking for the sweetest, juiciest **peach**? Look no further than local Idaho orchards! **Peaches** raised for the local market are picked ripe, sweet, and full of sugar. Due to their perishable and fragile nature, **peaches** are usually picked green and hard to allow for shipping. They travel better, but they're not juicy or sweet. Local **peaches** are often "tree ripened" leading to more flavorful fruit.

Tree-ripened **peaches** at local markets, fruit stands, and grocers can be purchased through October. Look for **peaches** that are well rounded with yellow colored skin under a red blush. Ripe **peaches** give easily to pressure and bruise easily—so handle with care!

Peaches grown in Idaho are expected to total 9,000 tons in 2006, which is up 1,000 tons from last year. The United States produces one-fourth of the world's crop with more than 30 states growing **peaches**.

Quick **Peach** Facts:

- The **peach** belongs to the rose family.
 - China is the original home of the **peach** tree.
 - **Peaches** are full of antioxidants, such as beta-carotene and vitamins A, C and E that help protect your body's cells.
- Freestone and Clingstone are the two categories of **peaches**. Freestone have become the **peach** of choice by consumers because the fruit separates easily from the pit.

